

**FRENULOPLASTY PRE-OPERATIVE FAQ'S** - adapted from *The Breathe Institute literature*.

Your active participation is important to the post-operative success of your treatment. The following FAQ's will help you know what to expect in the days following surgery, and will help to optimize a successful surgical outcome. Do not, however, hesitate to call if you have any questions or concerns.

**Q: CAN YOU DESCRIBE THE TREATMENT FOR A PATIENT THAT IS TONGUE-TIED? DOES IT HURT?** A frenuloplasty is a straightforward outpatient procedure that is completed in office. If a release is recommended, the treatment takes less than an hour. Dr. Santiago will apply an effective topical anesthetic gel on the frenulum tissue underneath the tongue (or on the lip frenular tissue), followed by an injection of local anesthetic, allowing for zero to minimal discomfort during the procedure. The anesthetic wears off approximately 45-90 minutes after the procedure is completed. For the first several days (occasionally up to 5, but on average 3) following surgery, pain is to be expected. This can usually be controlled with over-the-counter medication such as Tylenol or Ibuprofen.

**Q: ARE THERE ANY PRE-OPERATIVE INSTRUCTIONS?** We encourage you to eat a full meal prior to your procedure. We also encourage getting a good night's sleep the night before. Please refrain from consuming caffeine prior to the procedure.

**Q: WHAT HAPPENS AFTER THE PROCEDURE?** It is normal to experience some swelling and inflammation into first 3-5 days after surgery. We recommend using Tylenol or Ibuprofen as needed for pain. During the first few days, you may find it helpful to have soft, cool foods. You may find it challenging to consume hot or spicy foods that require a lot of chewing. We will provide you with detailed post-operative instructions at the time of your procedure.

**Q: ARE ANTIBIOTICS ADMINISTERED?** No, antibiotics are not administered. We recommend rinsing with salt water and/or alcohol-free mouthwash several times a day to keep the wound clean and reduce the risk of infection.

**Q: WHAT ARE THE POSSIBLE RISKS?** Complications of surgery are rare, but may include numbness, bleeding, pain, failure of the procedure, infection, injury to adjacent structures, and scarring. It is crucial to follow the post-operative instructions to prevent scarring or re-attachment of the frenum. Pre- and post-operative myofunctional therapy is essential for optimal recovery after frenuloplasty.

**Q: WHAT IS THE PROPER WAY TO ACTIVELY MANAGE THE WOUND POST-PROCEDURE? WHAT CAN I EXPECT TO SEE AFTER THE PROCEDURE?** We use absorbable sutures that will usually fall off or dissolve on their own within 3-5 days and sometimes anywhere from 1-10 days after surgery. As the sutures fall out, a white diamond-shaped area may appear where the frenum was. This is normal and not an infection, rather it is granulation healing tissue that will heal and disappear in approximately 2-3 weeks. We will provide you with a post-surgery toothbrush to remove any oral debris.